

SOARing

NEWS FROM THE SOAR INSTITUTE

SPRING 2012

SOARING — VOLUME 1 ISSUE 2

A Valuable Resource...for Free

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SPOTLIGHT

The SOAR Institute is excited to again offer free seminars to help promote student success. Seminars are available to **all** current students at Shelton State. A different topic will be featured weekly with the same session offered each Tuesday (5:15 p.m. - 5:50 p.m.), Wednesday (1:00 p.m. - 2:00 p.m.), and Friday (10:00 a.m. - 11:00 a.m.). One topic each month will be presented by Debbie Reynolds, Director of the Career Services Center. Instructors are asked to encourage student attendance. All seminars will be held in **Room 2454** on the Martin campus. Topics and dates are outlined below. Feedback from students who attended these sessions in the fall can be found on page 2.

STUDENT SUCCESS SEMINAR TOPICS

February 7, 8, 10

Study Tips and Note Taking Strategies

February 14, 15, 17

Student Survival Kit

February 21, 22, 24

What can you do with your program of study?

February 28, 29, March 2

Test Anxiety

March 6, 7, 9

Time Management

March 20, 21, 23

Are you résumé ready?

March 27, 28, 30

Understanding and Avoiding Plagiarism

April 3, 4, 6

*Do's and Don't of Communicating with
College Faculty and Staff*

April 10, 11, 13

*Understanding and Conquering
Procrastination*

April 17, 18, 20

Are you prepared for your interview?

April 24, 25, 27

Stress Management

The mission of the SOAR Institute of Shelton State Community College is to provide dedicated support to enhance the success of underprepared students.



SHELTON STATE
COMMUNITY COLLEGE

STUDENT OPPORTUNITIES FOR ACHIEVEMENT AND RESOURCES

Tutoring Services

More than 1,800 hours of Assistance Given

Tutoring services in the SOAR Institute reached new heights this past fall. For math courses, students came in for almost 1,100 hours of assistance. In English courses, more than 475 hours were invested in assisting students. Combining other subjects with English and math made for a grand total of more than 1,830 hours spent tutoring in SOAR during the Fall 2011 term.

For each tutoring session, students are asked to log in with the specific course and topic for which they need assistance. Tutors also keep a record of the specific areas in which students request help. This detailed information has been compiled and shared with division chairs.

At the end of a tutoring session, students are asked to complete a brief evaluation of the help received. Results of these evaluations indicate that students are overwhelmingly pleased with the assistance being given by tutors. Some students took the time to add a comment. Samples include the following: “Amazing tutor.” “[The tutor] was very helpful and patient. What a treat! Thank you.”

**“[The tutor]
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SSCC student
using tutoring
services in
SOAR

SMARTHINKING FACTS

- ◆ Online tutoring service
- ◆ Assistance with more than 20 subjects
- ◆ Available FREE to all current SSCC students
- ◆ Option to make appointments
- ◆ Open to students 24/7
- ◆ Details at www.sheltonstate.edu

What did students have to say?

Twenty-six Student Success Seminars were held during the fall term. Ten different topics were offered at the seminars to provide students with advice on topics such as note taking strategies, test anxiety, and study tips. Students who attended these sessions were asked to complete a brief survey before exiting. One question on the survey was “What was the most helpful strategy you learned during today’s workshop?” Responses from the Test Anxiety sessions included the following: “Focus.” “Make a second pass looking for distractors.” “Settle down before the test.” “Practice, practice, practice.” “Pay attention.” “Stop negative thinking.” When the same question was asked of students in the Study Tips seminar, students replied with “Focus on understanding the material and not just memorizing.” “Shift from memorizing to understanding.” “[Use] outlining.” The Stress Management seminar gave some insightful tips that go a little further than just deep breathing. Student comments noted that the most helpful strategies shared were, “Eat meals at regular times everyday. Designate a place and time to do [school] work.” “Eliminate the negative.” “Decide what I can and can’t control.”

“Shift from memorizing to understanding.”

SSCC student who attended “Study Tips” seminar

Student Feedback

SOAR Institute Personnel Spotlight

A Conversation with Veronica Cross

Each edition of *SOARing* features one SOAR staff member.

This edition spotlights Veronica Cross.



Veronica Cross

What prompted you to apply for a position at Shelton State?

“Well, to be honest, I wasn’t really looking for a new job. But I was praying for an opportunity to work more closely with students and still handle administrative issues. I woke up one morning and decided to look at the Shelton State employment website. Low and behold, this position was open and the rest is history. It has been everything I wanted and more.”

Where did you work before coming to Shelton State?

“I was the Executive Secretary to the Associate Vice President of Student Affairs at the University of Alabama. I worked closely with the executive leaders of Students Affairs and was the Human Resources liaison for our department. I also served as the technology wizard and co-faculty advisor for Phi Eta Sigma Freshman National Honor Society.”

Where did you attend college?

“I attended Trenholm State Technical College and Faulkner University. I am a very active alumna.”

What degrees have you earned?

“I have an Associate Degree in Applied Technology in Office Administration and Information Processing and a Bachelor of Science in Management of Human Resources (MHR).”

Tell us where you grew up and what led you to pursue this profession.

“I am a military brat born at the Plattsburgh, New York Air Force Base. I spent my wonder years, age 6 and up, in the capital of Alabama, Montgomery. My passion for the field of Office Administration began as a little girl while watching Percy Mason and his secretary, Della Street, who knew all the answers. Della Street showed me that an assistant isn’t just a secretary, but the office gatekeeper, the right hand for his/her supervisor and the glue in the office. I also realized that in this profession it takes a dedicated and resilient individual to shine while standing in their supervisor’s shadow.”

Tell us about your family.

“I am married to Marcus Cross, and we have two beautiful girls. Jonisa is seventeen years old and McKayla is almost two years old. Our pets are Jordyn, the family cat, and Percy, our precious dog.”

What are some of your interests and hobbies?

“I love to sew and experiment with new recipes. Also, I have served as the President of the Tuscaloosa Chapter of IAAP (International Association of Administrative Professionals) for the last two years. We plan professional development meetings and conferences for our area and the state division.”

What has been the most challenging thing about working in the SOAR Institute?

“My biggest challenge has been to learn this building and locate classes.”

What has been the most rewarding thing about working in SOAR?

“Helping students with assignments and sharing some of my technology tricks.”

Is there any additional information you would like to share?

“I’d love to share my favorite Joan Burge quote, which is my inspiration. I keep this quote taped on my computer monitor. ‘Be willing to do the best in everything. Be accountable, even when no one is watching. It’s my responsibility to take care of myself. Being my personal best is a day-to-day process.’”

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